

Grains/Breads Requirement for Child Care Food Program

Revised Exhibit A – Grains/Breads Requirements^{1, 2}

GROUP A		Minimum Serving Size for GROUP A
<ul style="list-style-type: none"> Bread type coating Bread sticks (hard) Chow mein noodles Savory Crackers (saltines and snack crackers) 	<ul style="list-style-type: none"> Croutons Pretzels (hard) Stuffing (dry) <p><i>Note: weights apply to bread in stuffing.</i></p>	1 serving = 22 gm or 0.8 oz ½ serving = 11 gm or 0.4 oz
GROUP B		Minimum Serving Size for GROUP B
<ul style="list-style-type: none"> Bagels Batter type coating Biscuits Breads (sliced, French, Italian) Buns (hamburger and hot dog) Egg roll skins English muffins 	<ul style="list-style-type: none"> Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells 	1 serving = 28 gm or 1.0 oz ½ serving = 14 gm or 0.5 oz
GROUP C		Minimum Serving Size for GROUP C
<ul style="list-style-type: none"> Cornbread Corn muffins Croissants Pancakes Waffles 		1 serving = 34 gm or 1.2 oz ½ serving = 17 gm or 0.6 oz
GROUP D		Minimum Serving for GROUP D
<ul style="list-style-type: none"> Muffins (all, except corn) 		1 serving = 55 gm or 2.0 oz ½ serving = 28 gm or 1.0 oz
GROUP E		Minimum Serving for GROUP E
<ul style="list-style-type: none"> French toast 		1 serving = 69 gm or 2.4 oz ½ serving = 35 gm or 1.2 oz
GROUP F/G		Minimum Serving for GROUP F/G
Grain-based desserts are not creditable.		
GROUP H		Minimum Serving for GROUP H
<ul style="list-style-type: none"> Cereal Grains (barley, quinoa, etc) Breakfast cereals (cooked)³ Bulgur or cracked wheat Macaroni (all shapes) 	<ul style="list-style-type: none"> Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (white or brown) 	1 serving = ½ cup cooked or 1 ounce (28 g) dry
GROUP I		Minimum Serving for GROUP I
<ul style="list-style-type: none"> Ready to eat breakfast cereal (cold, dry)³ 		1 serving = ¾ cup for children ages 6-18 1 serving = ⅓ cup for children ages 3-5 1 serving = ¼ cup for children ages 1-2

- The following foods must be whole grain, whole grain-rich, or enriched.
- Some of the following foods or their toppings/extras (such as cream cheese, syrup, etc.) may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.
- Breakfast cereals are traditionally served as a breakfast item but may be served in meals other than breakfast. Cereals must contain no more than 6 grams of sugar per dry ounce and must be whole-grain, whole grain-rich, or enriched or fortified cereal. Refer to Florida WIC-Approved Cereal List.

Note: Cornmeal and corn flour and products using cornmeal and corn flour such as arepa, tortillas, tortilla chips, taco shells, cornbread, and corn muffins must be whole-grain, whole-grain rich, or enriched.